



August 25, 2021
A Note from Mike Abraham

Dear Friends,

August brings great change to kids, families, and teachers. That change brings many different emotions. Kids are looking forward to being with their friends every day. Teachers can't wait to meet their new class. Parents look forward to routine and all the firsts for their child.

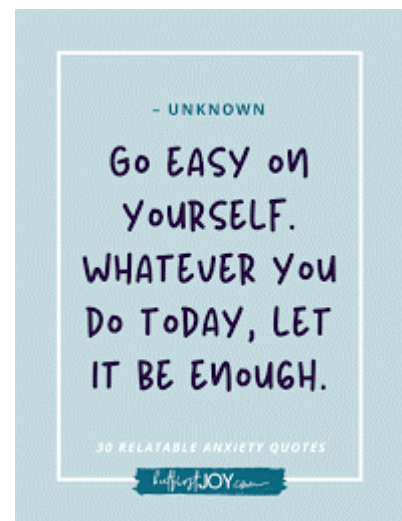
The very things that bring such excitement also create worry, stress, fear, and anxiety for the same people. Change is hard, but it's needed for our continued growth.

As you look forward to the start of a new school year, I would encourage you to be mindful of three things.

First, start each day with gratitude. Name those things you are most excited about in the day ahead, and say a prayer of thanks for all those things you get to do. Share those with someone in your home before you head off to start the day. Believe there will be good people around you, and look forward to being good to others.

Second, extend grace. Everyone is experiencing change. There will be bumps along the way as everyone settles into new settings, schedules, and routines. Being critical of another's journey during a time of great change is simply not helpful to them or you. Be the first to say that you understand and to offer encouragement to try again.

Third, acknowledge that you may be struggling. *It's ok to not be ok.* You might feel afraid or lonely. And you are certainly not the only one — I can assure you. Most of us can be really good at masking our worries. It's important to reach out to others to share your struggle. Talk with your friends, teachers, school counselors, and your family, and let them know you need their help. You are not alone.

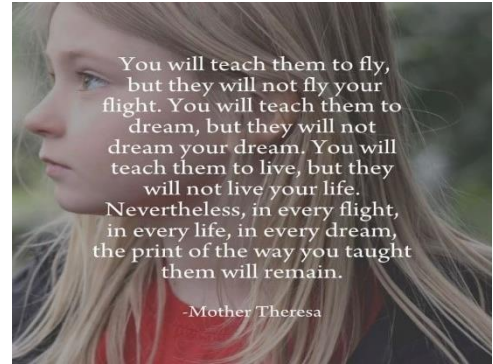


As a church family, we can ensure our students, teachers, staff, and parents are wrapped in support as they kick off a new school year. Pray for them, extend a word of encouragement, and thank God for the amazing learning journey ahead.

With gratitude,



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God Loves You  No Matter What

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